



Wheaton Fifty Fit (55+) November 2023 - Fall Session				
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 1:30pm Grooves & Moves:Dance Through the Decades 2:15pm 55+ Beginners Ballet	9am-4pm UMD Nursing Students 10am Watercolor Painting 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:50am Muscle UP! 11am Painting with Acrylics 12pm Lunch 1pm Qigong(Cancelled) 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos
6	7	8	9	10
9:05am 55+ Yoga 10am Beginners Spanish 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance 1-4pm Mahjongg 1pm -3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Social Dances Across the Continents 10am Road to Health Workshop 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1:30pm 55+ Beginners Ballet 1pm - 3pm Neeles & Yarn 3pm 55+ Chair Yoga	9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness 10am Memoir Writing 10:30am AARP Tax Aid Volunteer Presentation 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 1:30pm Grooves & Moves:Dance Through the Decades 2:15pm 55+ Beginners Ballet	9am-4pm UMD Nursing Students 10am Watercolor Painting 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	<div>55+ Programs Cancelled</div>
*Participants must be registered prior to participating in any Wheaton 55+ program.				
Senior Center Director		Meals on Wheels Lunch program		Wheaton Senior Center
Alex Alcon 240-773-4829 alejandroalcon@montgomerycountymd.gov-		Must register and make reservations prior to participating  240-773-4833 (Leave detailed message)    wheatonseniors@gmail.com-Email		240-773-4830  Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com
		Wheaton Senior Center 11701 Georgia Avenue Silver Spring MD 20902		

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Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
9:05am 55+ Yoga 10am Beginners Spanish 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance 1-4pm Mahjongg 1pm-3pm Needles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Social Dances Across the Continents 10am Road to Health Workshop 11am Zumba 12pm Lunch 12:30pm Drawing & Illustration 1:30pm 55+ Beginners Ballet 1 pm -3pm Needles & Yarn 3pm 55+ Chair Yoga	9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance(Cancelled) 1-4pm Mahjongg 1:30pm Grooves & Moves:Dance Through the Decades 2:15pm 55+ Beginners Ballet	9am-4pm UMD Nursing Students 10am Beginners English 10am Watercolor Painting 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance(Cancelled) 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	9:45am Zumba 10am Conversational Spanish 10:50am Muscle UP! 11am Painting with Acrylics 11:30am-12:30pm Wheaton Friendship Celebration 12pm Lunch 1pm Qigong(Cancelled) 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos
20	21	22	23	24
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27	28	29	30	
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11701 Georgia Avenue Silver Spring, MD 20902

